UCTIE LOCAL 621

SUMMER 2026

The latest news, views, and announcements

LABOR UNION NEWS

MONTHLY MEETINGS:

Local 621 holds monthly meetings on the 1st Tuesday of each month.

Except July and August

Meetings are held at the union hall located at:

277 Northern Boulevard
Suite 201
Great Neck, NY 11021

We are here to help answer any questions you may have.

Visitor parking is on the main level.

Faster is Not Always Better: House Passes Bill Seeking Radical Change in First Contract Bargaining

In a surprise move, on June 9, 2026, the U.S. House of Representatives passed the Faster Labor Contracts Act ("FLCA") by a vote of 230-193, sending the bill to the Senate. The legislation passed without Republican leadership support and via a discharge petition seeks a dramatic restructuring of the National Labor Relations Act ("NLRA").

Since its passage in 1935, Section 8(d) of the NLRA has imposed a good-faith bargaining obligation on both employers and unions once a union becomes the designated bargaining representative. However, a core principle codified in the statute is that no party was ever required to accept any specific proposal or make any concession, a final contract could only be reached through agreement. The National Labor Relations Board ("NLRB") has also long recognized that upon reaching a good-faith impasse, the NLRA entitles an employer to unilaterally implement its last, best, and final offer.

If passed by the Senate and signed by the President, for the first time in over 80 years of federally governed labor law, an employer could be forced to accept the terms of a collective bargaining agreement ("CBA") directed by a panel of arbitrators if a first contract is not reached within newly created statutory deadlines. The bill also eliminates the ability of all employers in *any* contract negotiation to implement their final offers upon impasse, a tool that has been a basic element of labor relations for generations.

How the Bill Works:
Under current law, there are no time limits for first contracts, which can take over a year to negotiate. The act introduces a "shot clock":

- **10 Days:** Employers must begin bargaining collectively with newly certified unions.
- **90 Days:** If parties fail to reach an agreement, either side can request mediation from the Federal Mediation and Conciliation Service.
- **120+ Days:** If mediation fails, the dispute is referred to a three-person arbitration panel to impose a binding two-year contract on the parties.

HEALTH NEWS:

Water. It's one of the most crucial elements for all living things. Up to 60 percent of the human adult body is made of water. It's essential for biochemical reactions, supplying nutrients throughout the body and removing waste, and maintaining blood circulation and body temperature. It aids in digestion, prevents constipation, cushions joints, stabilizes the heartbeat, and protects vital organs and tissues.

Without it, or without enough of it, we can become dehydrated. Dehydration might show itself in the form of muscle cramps, fatigue, thirst, and other unpleasant symptoms. Our thinking and cognition can suffer. We might lose appetite, experience mild constipation and lightheadedness, or kidney stones.

Getting enough water every day is important to keeping your body functioning correctly. Your body needs more water when you're in warmer climates, physically active, running a fever, and having diarrhea or vomiting. It's easy to go through your day without thinking about how much water you've had to drink. But, especially in the summer heat, water is vital to helping your body stay healthy and hydrated.

How Much Water Do You Need?

According to doctors, there's no one-size-fits-all formula for daily water intake. The amount of water you should drink daily depends on your body, your health conditions, your medications, and other factors. Certain conditions like thyroid disease or kidney, liver, or heart problems make it possible for some people to have too much water, while some antidepressants and non-steroidal anti-inflammatory drugs (NSAIDs) make people retain water.

There is no standard for how much plain water adults and children should drink daily, though there are general recommendations for both women and men. Here's one rule of thumb: women should drink approximately 2.7 liters of water each day while men should average 3.7 liters of total water. Regardless, drinking water should be a part of your daily routine.

How to Stay Hydrated

The key to staying safe and healthy this summer is staying hydrated. Follow these 10 simple tips:

1. Drink water—and plenty of it! According to the Centers for Disease Control and Prevention, daily fluid intake recommendations vary by age, sex, pregnancy, and breastfeeding. Start by drinking a cup of water each morning when you wake up or a glass before bed. Have another glass with every meal. Drink one or two cups after working out. To ward off dehydration, drink fluids gradually throughout the day.

2. Know the signs of dehydration. Does your skin feel dry, irritated, inflamed, itchy, or sensitive? That's a sign of dehydration. Experiencing a headache or feeling dizzy or fatigued? These are signs, too. Muscle cramps, rapid breathing, fainting, and not urinating (or having very dark yellow urine) are others. If you're experiencing any of these symptoms, the simple solution is to get out of the heat and drink plenty of liquids. There are small over-the-counter options like Pedialyte that balance out electrolytes and sodium with dehydration as well. If your dehydration is severe, call 911.

3. Check your urine. A good measurement of hydration is the color of your urine. Pale urine, similar to the color of straw, indicates proper hydration while darker urine is a sign that you need more water. A dark yellow or amber color means you may have mild to severe dehydration. Of course, other medications and health conditions could affect this. If you're concerned about the color of your urine, consult with your primary care provider.

4. Avoid alcohol, sugary drinks, and/or caffeine. Tricky fact—some liquids work against hydration! Drinks like coffee, sugary sodas, beer, wine and hard liquor, lemonade, sweet tea, energy drinks, smoothies, and flavored milk are all culprits. They are loaded with sugar, sodium, and other ingredients that remove water from your tissues. Consider swapping some of these out daily or rehydrating with more water for each dehydrating drink you consume.

5. Cool down. Proper hydration isn't just about drinking water, it's about regulating your body temperature, too. During summer, when the risk for heat stroke is at its highest, wear light, loose-fitting clothing in light colors; schedule strenuous sports and physical activities during cooler times of the day; protect yourself from the sun with hats and other shade accessories; take drink breaks often; and mist yourself with a spray bottle if you become overheated.

6. Eat foods with high water content. Did you know that approximately 80 percent of our water intake comes from drinking water? The other 20 percent comes from food. All whole fruits and vegetables contain some water, but snack on these for maximum benefit: cucumbers, celery, tomatoes, radishes, peppers, cauliflower, watermelon, spinach, strawberries, broccoli, and grapefruit. They all contain 90 percent water or higher.

7. Replenish when you sweat. Play a sport? Heading out on a hike? It's essential to drink water throughout these activities. Your sweat rate, the humidity, and how long you've exercised are all factors to consider. Proper hydration means getting enough water before, during, and after exercise. The American Council on Exercise recommends these guidelines before, during, and after a workout:

- Drink 17-20 oz. two to three hours before you exercise.
- Drink 8 oz. 20-30 minutes before you exercise.
- Drink 7-10 oz. every 10-20 minutes during exercise.
- Drink 8 oz. no more than 30 minutes after exercise

8. Choose water during flights. It's not easy to drink as much as you usually do when you're on the go for summer vacation, and airplanes are known for low-humidity air, which contributes to low hydration at touchdown. Ask for water when the beverage cart passes by mid-flight.

9. Infuse with flavor. Not a frequent water drinker? Try sprucing up your water by adding a few simple ingredients. Limes, lemons, mint, oranges, berries, cucumbers, and other fruits improve the taste without artificial sweeteners or preservatives. This can help you drink more water than you usually do, too. You can also give coconut water a try. This mineral-rich liquid is packed with potassium, magnesium, sodium, and calcium, so it replenishes lost fluids and electrolytes from exercise and hot climates quickly.

10. Consider a probiotic. Our bodies are home to good and bad bacteria. They're in our mouth, gut, and skin. Probiotics are living microorganisms found in yogurt and other cultured foods and supplements that can help improve your body's bacteria. Taking a probiotic can help improve your immune system, protect against infection, and improve your digestion and absorption of food and nutrients—including water. Probiotics also help with several conditions associated with dehydration, including diarrhea. ***Stay safe, cool, and hydrated this summer!***

Healthy Meal Replacement and Healthy Snacks

Busy lifestyles can contribute to missing meals and dehydration. You can hydrate yourself and at the same time replace a meal that can supply much needed nutrients by drinking a product like Orgain. Orgain comes in powder form to mix with liquids of your choice or premade and ready to drink. Orgain contains a mix of vitamins, minerals, and organic fruits and veggies. This product is available in different flavors in most supermarkets.


NO FRUIT JUICE

Nutrition Facts

1 serving per container

Serving size	1 Carton (330 mL)
Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 10g Added Sugars	20%
Protein 16g	18%
Vitamin D 6.5mcg	35%
Iron 5mg	30%
Vitamin A 190mcg	20%
Vitamin E 5.6mg	35%
Riboflavin 0.34mg	25%
Vitamin B6 0.5mg	20%
Vitamin B12 0.74mcg	30%
Pantothenic Acid 1.3mg	25%
Iodine 37mcg	25%
Zinc 2.6mg	25%
Copper 0.16mg	20%
Chromium 11.9mcg	35%
Calcium 150mg	10%
Potassium 120mg	2%
Vitamin C 28mg	30%
Thiamin 0.15mg	15%
Niacin 4mg	25%
Folate 60mcg DFE	15%
Biotin 10.2mcg	35%
Phosphorus 100mg	8%
Magnesium 35mg	8%
Selenium 7mcg	15%
Manganese 0.48mg	20%
Molybdenum 7.4mcg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

FILTERED WATER, **ORGAIN ORGANIC PROTEIN BLEND™** (ORGANIC PEA PROTEIN, ORGANIC CHIA SEEDS), ORGANIC RICE DEXTRIN, ORGANIC CANE SUGAR, ORGANIC NATURAL FLAVORS, ORGANIC HIGH OLEIC SUNFLOWER OIL, ORGANIC SUNFLOWER LECITHIN, ORGANIC INULIN, TRIPOTASSIUM CITRATE, TRICALCIUM PHOSPHATE, MAGNESIUM PHOSPHATE, **ORGAIN VITAMIN & MINERAL BLEND™** (SODIUM ASCORBATE, ZINC GLUCONATE, D-ALPHA TOCOPHERYL ACETATE, MANGANESE SULFATE, NIACINAMIDE, BETA CAROTENE, POTASSIUM IODIDE, CALCIUM-D-PANTOTHENATE, BIOTIN, CHROMIUM CHLORIDE, COPPER GLUCONATE, ERGOCALCIFEROL, SODIUM MOLYBDATE, FOLIC ACID, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE, SODIUM SELENATE, METHYLCOBALAMIN), SODIUM BICARBONATE, GELLAN GUM, **ORGAIN ORGANIC FRUIT & VEGETABLE BLEND™** (ORGANIC APPLE FIBER, ORGANIC ACAI, ORGANIC BEET, ORGANIC KALE, ORGANIC RASPBERRY, ORGANIC SPINACH, ORGANIC TOMATO, ORGANIC BANANA, ORGANIC BLUEBERRY, ORGANIC CARROT), SEA SALT, ORGANIC MONK FRUIT EXTRACT.

Craving something sweet? Want to avoid unhealthy choices? There is a healthier option for candy and cookies. Made Good makes chocolate chip mini cookies that taste amazing without gluten, high fructose corn syrup, and dairy. They contain vegetable extracts such as mushroom powder, which contain Vitamin D. The red velvet has no red 40 added, the coloring is from beet powder which gives the cookie a red color and a nice flavor. They also come in double chocolate and snickerdoodle. No Cow Fudge bars are made with 20 grams of protein powder and sweetened with zero sugar alternatives.

Vegan Chocolate Chip Cookies

Ingredients
1/2 cup vegan butter, slightly softened
1 cup light brown sugar, packed
3 tbsp granulated sugar
1/4 cup plant-based milk
2 tsp vanilla extract
1 3/4 cups of all-purpose flour
1 tsp baking soda
1/2 tsp salt
1 cup of vegan chocolate chips

Instructions
Add vegan butter, brown sugar, and granulated sugar to a large bowl. Using a handheld mixer or stand mixer, cream the butter and sugar together just until combined (about 1-2 minutes). Add the plant-based milk and vanilla extract. Mix once more to combine.

Add the all-purpose flour, baking soda, and salt to the bowl. Fold the ingredients together until evenly combined. Then, stir in the chocolate chips.

Cover the cookie dough with cling wrap and place it in the refrigerator to chill for at least 30 minutes.

Preheat the oven to 350 degrees Fahrenheit. Line a large baking sheet with parchment paper.

Scoop the cookie dough into balls and transfer to the baking sheet.

Bake cookies for 12 minutes on the middle rack in your oven. You should remove them from the oven while the center still appears underbaked. Once you remove them from the oven, let the cookies rest for 5 minutes on the baking sheet. They will de-puff and firm up while cooling. Enjoy!

Nutritional Information
Serving Size: 1 cookie
Calories: 245
Fat: 11g
Saturated Fat: 5g
Carbohydrates: 37g
Fiber: 1.5g
Protein: 3g

DENTAL NEWS

Be true to your teeth and they won't be false to you!

Heart Disease Connection

Poor oral health is directly linked to heart disease. Bacteria from infected gums can enter your bloodstream, triggering systemic inflammation and damaging blood vessels. This raises your risk of cardiovascular events, including heart attacks, strokes, and heart failure.

The Oral-Systemic Connection

Research shows that periodontitis (severe gum disease) and untreated tooth infections have a strong, independent association with cardiovascular disease.

- **Bacteria:** Oral germs can travel directly through the bloodstream, sticking to fatty plaques in the heart's blood vessels and worsening arterial blockages.
- **Inflammation:** Chronic gum infections trigger a continuous inflammatory response in the body, a known predictor of heart issues.

How to Protect from Both

Preventative dental care is the best way to shield your heart from oral bacteria:

- **Brush Up:** Brushing 2-3 times daily is shown to significantly reduce cardiovascular risk.
- **Floss Daily:** Flossing disrupts the bacteria hiding between your teeth and gums.
- **Regular Checkups:** See a dentist regularly for cleanings and to manage gum inflammation before it escalates.

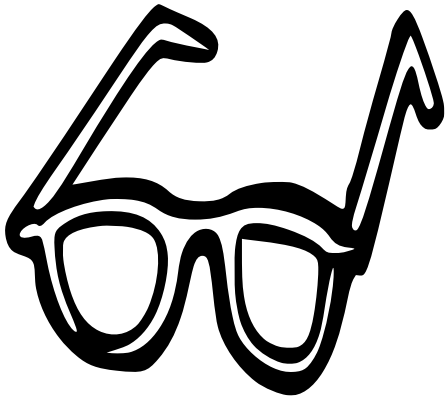
Dental Coverage:

Sele-Dent is the dental plan for all United Benefit Fund participants. If you have any questions, please call Danielle Parco at 718-513-2477 Ext. 101.

Visit:
https://www.Sele-dent.com

1. On the top of the page click on Labor Organizations. Then click on unions.
2. In the middle of the page the blue box will say "View Benefits Information for your Group." Click on this box.
3. A list of organizations will appear, click on United Benefit Fund.
4. The screen will display Plan One and plan Two and a list of dentists in your area.

VISION COVERAGE:



General Vision Services (GVS) is the vision provider network for United Benefit Fund.

To find a participating provider visit the GVC website at www.general vision.com or download the GVS app. Use the benefit code 6063. Here is where you will be able to view your vision plan and locate providers in your area.

Also, use the zip code locate feature to find a participating provider or you can call GVS at 800-847-4661.

Out of network benefits are available, this information is on the website.

If you have any questions regarding your coverage, please contact Maureen Barrett at 718-513-2477 Ext. 104.

Some Eye Care Tips:

1. Wearing UV-blocking sunglasses can protect your vision from cataracts and macular degeneration.

2. Avoid rubbing your eyes, which can introduce bacteria and lead to infection. Always wash your hands before handling contact lenses.

3. Visit an eyecare specialist yearly.

4. Know your familiy's eye history, as many conditions can be hereditary.

5. Eat a balanced diet. Try to add dark leafy greens and fish high in omega-3 fatty acids into your meals.

6. Avoid smoking which increases your risk of developing cataracts and age-related macular degeneration.

7. Stay active. Regular exercise helps control conditions like diabetes and high blood pressure which can negatively impact your vision.

UNION MEMBER PRE-PAID LEGAL SERVICES:

Local 621 and United Benefit Fund offer a Pre-Paid Legal Plan for our members.

All legal services are provided by the Law Offices of Trivella & Forte.

Some services included but not limited to:

- Wills and Estate Planning
- Divorce Representation
- Bankruptcy Consultation
- Real Estate Transactions

Some services have no attorney cost (court fees to be paid by the union member) or have reduced fees.

Contact:
Trivella & Forte, LLP
1311 Mamaroneck Avenue
White Plains, NY 10605

Phone: 914-949-9075

FOLLOW US ON SOCIAL MEDIA:

- **Tik Tok: @uctie_local621**
- **Instagram: uctie_621**
- **Facebook: Sixtwentyone_Uctie**

401K PLAN INFORMATION:

Our 401k plan is administered by United Benefit Fund through Lincoln Financial. Our plan ID# is UCTI-001. You can contact Lincoln Financial at 800-234-3500.

Our office contact is Rita DeLucia. She can be reached at rdelucia@uctie.com or by calling 718-513-2477 Ext 107.

It is important to list a beneficiary on your account. Scan the code below or visit lincolnfinancial.com to access forms, create an account and learn about your 401k plan.

Take care of your loved ones

Name or update your retirement plan beneficiaries today!

Your beneficiary designation — not your will — has the final say about your retirement plan assets. Make sure your money goes where you intend and your loved ones are taken care of. Name a beneficiary for every retirement account you have, as the designation for one doesn't carry over to others.

How do you name beneficiaries?

It's fast and easy! Log in to your account at **LincolnFinancial.com/Retirement** and select **Beneficiaries** under **My info**. Scan the QR code to quickly take you there. Not registered online? Visit **LincolnFinancial.com/Register** and set up your account in just a few minutes.

Scan the QR code for a short **video** that walks you through the simple steps.

Need personal help?

Call **800-234-3500**, Monday through Friday, between 8:00 a.m. and 8:00 p.m. Eastern to speak with a customer service representative.

Visit LincolnFinancial.com/Retirement

Watch video

LincolnFinancial.com/Retirement

PAD-7235107-102824
POD: 4/26 **282**
Order code: RPS-BENE-FLI003

FREE COSTCO GOLD STAR MEMBERSHIP FOR UNION MEMBERS!

Free generic medications at Costco pharmacies!

Union members who are not members, call the Fund at 718-513-2477. We will provide you with a link for free membership.

If you already have membership, you can still fill your generic RX immediately and when membership is up for renewal, call our office and we will provide the link, and renewal will be free of charge.

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